ISSUE NO.2 : SEPTEMBER 2021

THE MANTA Pulse

THE UWCT COMMUNITY INTERACTIVE E-MAGAZINE

• COMMUNITY & WELLBEING

As well as CAS coordination and teaching P.E in the Secondary School, Heidi is responsible for ensuring that service remains a central component of a UWCT education with all students from K-G12 involved. Previously the Vice Principal of Student Life at the Aga Khan Academy in Mombasa, Kenya, Heidi has had extensive experience as the Head of PE at schools such as UNIS, New York, and The International School of Manila. She is committed to the concept of service-learning and has led students working on projects in places such as Kenya, the Philippines and Cambodia. **READ MORE ON PAGE 03**

PHUKET

SCHOOL

SANDBOX

MANTA RAYDIO

NEW EP.26 Community

This week's episode brings a focus on community building! We feature 7 songs this week from places such as South Africa, Aotearoa/New Zealand, Belize, Afghanistan, Thailand, and the USA. We are also very excited to play music from within our own community this week with Stuart Macpherson, our talented Grade 12 vocalist, Enjoy!

UWC THAILAND

357
STUDENTS

102
NEW STUDENTS

61 NATIONALITIES

154
PRIMARY YEARS

109
MIDDLE YEARS

94
DIPLOMA PROGRAMME

70
GRADE 9 - 12 BOARDING STUDENTS

29
NEW UWC NATIONAL COMMITTEE SCHOLARS

16
HIGH PERFORMANCE ATHLETES

143
STAFF MEMBERS

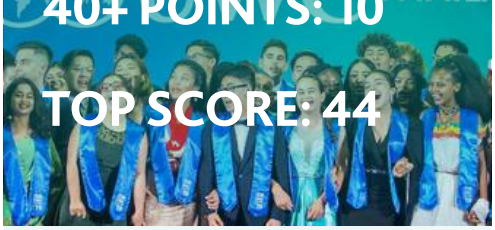
67 TEACHERS
76 SUPPORT STAFF

100%
DP PASS RATE

AVERAGE: 35.24

STUDENTS WITH 40+ POINTS: 10

TOP SCORE: 44



CAS & SERVICE WONDER WOMAN

Service Wonder Woman, Kru Heidi

Led by Kru Heidi, The St. Euphrasia Ban Ya Children's Quality of Life Project with which the UWC-Thailand had been working over the past number of years has been **awarded the 2021 Richard T, Krajczar Humanitarian Award.** "The depth, breadth and quality of the multiple programs folded under the Ban Ya Project are among the most impressive and moving service programs judges have seen during their decades in international schools. Kru Heidi and colleagues have truly created a remarkable alliance." were the congratulations shared by the EARCOS Executive Director Édward E. Greene. This award includes a cash payment of US$10,000, paid out equally over two consecutive years. **The UWCT project will receive a payment of US$5,000 this year and an equal amount in 2022.**

A massive thank you to all of the students and staff who have been involved with BYLC and Good Shepherd over the years assisting Kru Heidi who drives our service programme ever forward. Kru Heidi has also had the opportunity with MiniPD to deliver a workshop: A-Z of Everything CAS: How to Build a CAS Program to be Proud of! This interactive PLC is designed to support CAS coordinators in the development of their CAS program by providing resources, strategies, and brainstorming opportunities with other CAS coordinators. **She truly is a CAS & Service-Learning Wonderwoman!**

Empathy is 'walking in someone else's shoes', but is it possible? We may be able to slip on someone else's shoes, but we can never truly experience their reality. In `To Kill a Mockingbird", Atticus tells Scout, "You never really understand a person until you consider things from his point of view — until you climb into his skin and walk around in it."

At UWCT, we strive to understand one another by getting to know each other and not assume details or pretend that we know. We hope that the opportunities we provide allow our students at UWCT encourages them to act with empathy and compassion. Where student participation in service projects actively promotes engagement and leadership that can bring many benefits to our students and the communities the projects serve. Now more than ever, we need our students to know, understand and inspire each other to make a difference. **READ THE FULL AWARD-WINNING ARTICLE**

VIEW PROPOSAL

REIMAGINING TOMORROW

We are excited to announce that the UWC DAY 2021 theme will be: Reimagining tomorrow

At a time when the impacts of COVID-19 are still very present in our lives, injustices and conflicts continue to cause pain for many, and the effects of the climate crisis are already being felt, particularly in the most vulnerable communities around the world - we hope that this theme will give us all an opportunity to take a step back and to dream up a better world.

Because in order to start building a more peaceful, sustainable and just future, we have to start by reminding ourselves that such a future is possible: we have to Reimagine Tomorrow.

READ MORE

Limited Edition Manta PTA UWC Day Face Mask

Designed by Kru Cece, the limited edition UWCT facemask is inspired by the UWC Day theme "Reimagining Tomorrow".

MASK DESIGN BY KRU CECE

PREORDER YOURS TODAY!

" As an artist, I constantly think about how to reimagine tomorrow, and **the culmination of all my wonderings has been the construction of an imaginary world. I call my world Kilombu, and it is a tropical island country with the social values of cultural diversity, sustainable living, and communal well-being.** A lot of artists today actively criticize society and the world but I have found that few artists actually offer many solutions. This is what motivated me to create works that look and feel like this. This mask shows a portion of one of my larger compositions, a day in the life of a village on the island. In this scene, I drew people exchanging fruits and enjoying music in the presence of animals and wooden boats." - **Kru Cece**

UWC FOR AFGHAN YOUTH

UWC Thailand has joined the wider UWC movement who have been working tirelessly in the past few weeks to support many of those students, alumni and families who are in vulnerable positions. Afghanistan's dramatic events have shaken all of us. Like many of the countless humanitarian crises we are witnessing, we know that this will bring enormous repercussions on the possibility for youth—especially girls—to get access to education.

UWC Thailand is hoping to support these efforts by offering two full, all-inclusive scholarships to Afghan refugee scholars. The UWC schools have also been discussing how they might address the needs for trauma support, mental health, language and wellbeing once students arrive. To look towards the future and show commitment to education, **the UWC international office has decided to fundraise for up to 20 additional places for Afghan students to study at UWC.**

UWC for Afghan Youth

We will continue to make education a force for peace.

Help us support 20 Afghan students to access a UWC education.

DONATE NOW

www.facebook.com/UWCint
www.uwc.org/donate
www.justgiving.com/uwcforafghanyouth

DONATE TO UWC

The opportunity to study is a crucial stepping stone for young people to build a better future for themselves and their communities. As an organisation with a mission to make education a force for peace, we have been working for years to support youth from disadvantaged backgrounds, including refugees and internally displaced people, giving them access to quality education and a personal and academic sanctuary.

Any contribution, however small, will bring us one step closer to offering a life-changing opportunity to young people. **We invite all UWC community members, UWC friends and anyone who believes in the power of education to donate today and help the UWC movement fund these scholarships.** To donate, go to: www.uwc.org/donate

If you wish to discuss sponsorship opportunities for an Afghan scholar here at UWCT please contact our Chief Advancement Officer: nicki.robertson@uwcthailand.ac.th

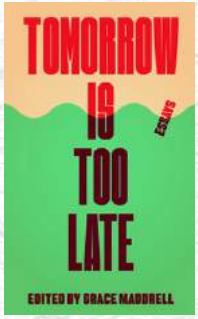
READ ARTICLE

Tomorrow is Too Late

Article by Nasratullah Elham, UWCT Alumni Class of 2019

"In Afghanistan, the impact of climate change goes way beyond ecological factors. It fuels insurgency, escalates conflicts, exacerbates starvation, increases displacement, encourages child marriage and blocks our prospects for peace."

UWCT Alumni Nasratullah Elham grew up in war-torn Afghanistan. Elham became a climate activist after seeing the loss of human lives and livelihoods in his country, which is already being heavily affected by the climate crisis. He is also a feminist and human rights advocate. When he studied here in Thailand, thanks to a United World College scholarship, Elham didn't stop acting.
By fighting for peace, climate justice and human rights, Elham hopes to make the future of Afghanistan, and the world, a much brighter one.



BOARDING HOUSE UPDATE

What's going on in the UWCT boarding house?

Over the past few weeks, our boarding house has grown as we have welcomed many new awesome students and new staff from all corners of the world to our already phenomenal group of returning students and staff. Despite our learning taking place online, as a way of getting to know each other, the boarding house has hosted various fun activities throughout the weeks.

From beach cleaning, bike rides, 'Thursday Thought Nights', hikes, games and pizza parties our boarding community has been warmly welcoming back new and old students and staff and strengthening the sense of community and family.

Welcome Simone, Raffaela, and Filippo to UWC Thailand!

Simone is currently the Director of Residential Life at UWC Thailand, having joined the UWC movement 20 years ago as an English teacher, CAS Service Learning and Community Engagement Coordinator, and house parent. For the past six years prior to joining UWCT Thailand, he served as the English Department Head and Houseparent at UWC ISAK Japan.

Raffaela is currently the Boarding Wellbeing Lead for boarding Students at UWC Thailand and has worked with charities and non-profit organizations in Italy, Israel, Palestine, Mexico, and the Balkans. After collaborating with UWC Adriatic on some educational projects, in 2015 she joined UWC ISAK Japan, where she worked as a social-emotional counsellor, and as the advisory and interfaith program coordinator, as well as a houseparent.

Their son Filippo has also joined the UWCT community and is in Kindergarten.

UWCT Bilingual Admissions & Communications Coordinator Linjie Zhou had the opportunity to interview their family to learn more about their UWC journey and their vision for UWC Thailand.

请在泰国UWC世界联合学院的微信公众号上阅读并分享中文版本：
【UWC专访】"投身UWC运动20多年，UWC人仍然带给我惊喜。"

Even after 20 years in the UWC movement, UWC people still always surprise me.

We were attracted by the unique way in which UWC Thailand connects the sense of responsibility for bringing positive change into the world which comes from UWC values, with a focus on the importance of promoting positive change in one's 'heart, mind, and body'. READ MORE

WE ARE (HOST) FAMILY

Host Family Programme

Are you interested in continuing or becoming a host family? Are you keen to invite two or three students from UWCT to become a part of your family? If so, becoming a host family is a great way to contribute!

Becoming a host family involves organising occasions and events with your paired students that allow them to spend time away from the boarding house. It is also an enriching experience for your family.

Some of our students are looking forward to host family adventures, while others are simply looking for somewhere they can relax in a home-like environment or create connections with the wider community.

A day trip to the beach, a walk to Bang Pae waterfall, cooking a meal together, sharing culturally significant events, watching a movie, or just being as a family at home are all great ways to support our students who are far from home. **There are no expectations or limitations on what you should offer except a welcoming and warm environment that upholds the mission and values of UWCT.** (There is no obligation to host for overnight, but it is appreciated when possible.)

If you are interested in making a difference in the lives of our boarding students, please sign up to be a Host Family today!

Sign Up HERE

Student Testimonial

Joshua

Having a host family whilst at UWCT really enabled me to have a homely feel no matter what. My host family helped me have the most fun times, whether it was out rock climbing, or showing me where to eat a full English breakfast in Phuket. **They sent me a care package of snacks whilst we were stuck in boarding house lockdown, it really felt as if I were part of the family.** It also allows some relaxing time from the constant (but amazing) buzz of boarding house life!

Student Testimonial

Karolina

I decided to ask for a host family both years at UWC and it turned out to be a really nice experience. **Since the second year of IB is very stressful it was very beneficial for me to have a place outside of boarding where I could go to and either just spend time there and escape the boarding life for a bit or went out for dinner, play board games or something else with my host parents.**

I always said that my host family was like a replacement (in a good way of course) for my family in Slovenia for just a few days or hours every once in a while. I spent a lot of time studying for my mock exams at Heidi and Jason's place because I needed the change of environment. The host family knows you have many responsibilities so you can also always tell them if its not a good time for you.

My host family were Heidi and Jason and my host sister was Alisa (from Thailand) and we got to invite another student so Dasha (from Ukraine) was also always there with us. Anyway, host families are a great program and I hope if you decide to have one you'll have as amazing experience as i did. :)

WELLBEING WEEK

Community and Connection

Each year, UWCT celebrates and honours Mental Health and Wellbeing Week. This year, the theme is , appropriately, 'Community and Connection'. While we had hoped to be able to be together in person, it is important at this time to focus on what connects us all and makes our UWCT community so special.

In the Primary, the students took part in a 'Passion Project day'. Students had the opportunity to follow a passion of theirs such as cooking, arts and crafts, lego, tennis, space, hiking, horse riding, origami, and ballet.
We shared our ideas of community and connection on a 'Padlet' so we could connect with other members of the primary, whether they were at home or school. The link to have a look is: **UWCT wellbeing Community and Connection.**

Everyone on campus was also happy to have 'Breakfast for lunch' on Thursday!

In the MYP, Homeroom Time In sessions included games and community building activities, **discussions about mental health and the choices we might make to support our own wellbeing.** There was also an opportunity to discuss phone and iPad use, and how it might connect us, yet also bring challenges. Ideas about community and connection were shared on this Padlet, with an invitation to continue contributing to this online "bulletin board." On Thursday, there was an opportunity to view and discuss the film "The Social Dilemma" at home as a family, followed up by reflections in the Homeroom Time In on Friday. **A menu of offline choices was shared for ideas to find connections with ourselves and others.**

In the DP, our Student Wellbeing committee introduced the week on Monday to Homeroom Time In classes, with some Get to Know Each Other questions. Later in the week, **students had conversations about belonging, recognizing that being connected nurtures wellbeing.** Table talks on campus offered a chance to hear about what wellbeing means around the world, with perspectives shared by both staff and students. **Other highlights included a sunset meditation one evening, games in the boarding house, and morning movement sessions.** Over the weekend, boarding house students will have the opportunity to view "The Social Dilemma" and perhaps enjoy a trip to the beach or a hike on Sunday!

The theme of community and connection brought out lots of creative ways of taking care of ourselves and those around us. Coming together as a community, finding connections, and cultivating a sense of belonging are key elements of wellbeing.

Wellbeing Week is organised by the DP Wellbeing Committee, with support from Kru Kim and Kru Liv.

SUPPORTING YOUR CHILD'S MENTAL HEALTH

THROUGH A GLOBAL PANDEMIC

Kru Kelsey and Kru Len have created an **Infographic** which gives parents some ideas of how to support their child's mental health at home as well as a few resources.

Mental health is just as important as physical health and children and teens are struggling with mental health now more than ever. There are many things we as adults are able to do to support their mental health and help them grow

ACKNOWLEDGE FEELINGS

Acknowledge that your child's feelings are real. You don't have to agree with them but they need to know they can share how they are feeling with you. Listen and respect their feelings.

PROCESS FEELINGS TOGETHER

Keep conversations open by asking questions and creating time with things like meals together. Teach them ways to relax like breathing or going for a walk. Talk about possible solutions but DON'T TAKEOVER!

ENVIRONMENT OF ACCEPTANCE

Show lots of love and acceptance, praise them when they do well, recognise their effort, show interest in what they are doing, and spend time with them.

TAKE CARE OF YOURSELF

Parents and caregivers go through a lot as well so it is important to model taking care of your own mental health. Find people you can talk to, make time to manage your stress, and most importantly know it is okay to have feelings!

MONITOR

Monitor what they are doing online, on social media, video games they play, music and t.v. shows they watch. It is important to know how often they are online and who and how they are communicating. Social media especially can create a disillusioned reality and set unrealistic standards.

LOOK OUT FOR CHANGES

Look for changes in emotions, thinking, physical, and social. Notice things about your child such as eating habits, sleep habits, friendships, moods, ability to focus. You know your child best and can notice if something may be off.

RESOURCES

- **UNICEF Parenting**
- **The Truman Group:** This is an online therapy service targeted to support individuals living abroad.
- **Mental Health support by grade level**

Kru Kelsey / Kru Len
School Counselors

CLASSROOM NEWS

Phuket School Sandbox

We are so thrilled to be able to welcome some of our UWCT students from Nursery to Grade 3 back on campus through the Phuket School Sandbox model! **To see the smiles, hear the laughter, watch the curiosity and connection come to life in the classroom again has been so joyful!**

Our staff have worked tirelessly over the past week in preparation for our students' return; from creating new learning bubbles, to shifting teaching roles, to creating 2 different learning schedules for students who are on-campus as well as those online: thank you teachers for your efforts!! **We are working hard to not only ensure the safety of our learning bubbles, but to also continue to develop a sense of community and connection among our students.**

The opportunity to have children learning in 'hubs' rather than grade-specific levels has allowed our students who are on campus to connect with children outside of their own grade in order to expand their social circles just a little bit more. Moreover, we are continually finding opportunities for those students on campus to connect with their peers who remain online at this time. **The social-emotional wellbeing, in addition to the health and safety of our learners, are priorities that are running in parallel with each other.**

VIEW PHOTOS

Online Learning at UWC Thailand

While we have had the pleasure of welcoming some of our students on campus, there are many who continue to join us online. We are committed to ensuring that those who remain online continue to have rich learning experiences and connections with the staff and students here at UWCT, while also maintaining a holistic learning experience with a healthy balance of off-screen time. WATCH AND SHARE OUR **UWCT ONLINE LEARNING VIDEO**

CLASSROOM NEWS

University Virtual Fairs

Since we are not able to have university representative visit us this year, the UWC University Counsellor network has arranged virtual university fairs.

The UWC Counselors Network, across 18 schools and four continents, are excited to welcome DP students to our Virtual Fairs and Events for the 2021-2022 academic year! The UWC Counselors Network will be hosting two days of Davis Partner Institution Fairs on September 14 and September 20th. In order to keep the student-to-university ratio optimal, we will split the Davis Partner Institution list in half. Institutions 1-50 will be on September 14; Institutions 51-99 will be on September 20.

They will also be hosting a third event on October 6th; the "UWC Scholarship Partners Fair" to welcome colleges outside of the Davis program that have generously supported our students in the past, and who have historically offered significant financial support to our students.

MYP: The Social Dilemma Workshop

As part of our Wellbeing and Mental Health week the students in the MYP explored how technology can connect us but also provide us with challenges.

Through thought-provoking images, used as conversation starters, our students engaged in a discussion around the use and the influence of electronic devices and social media. Students reflected on their own feelings, urges and actions when working online and when engaged with various social media platforms. Through an edited version of the Social Dilemma the **students were and are being challenged to look at their own actions and choices. By sharing the video with the wider community we hope that it has sparked an interesting conversation about the use of phones or electronic devices in your house.**

In the upcoming Homeroom lessons, the students will start to identify how they can support their own well-being by taking action and making conscious choices.

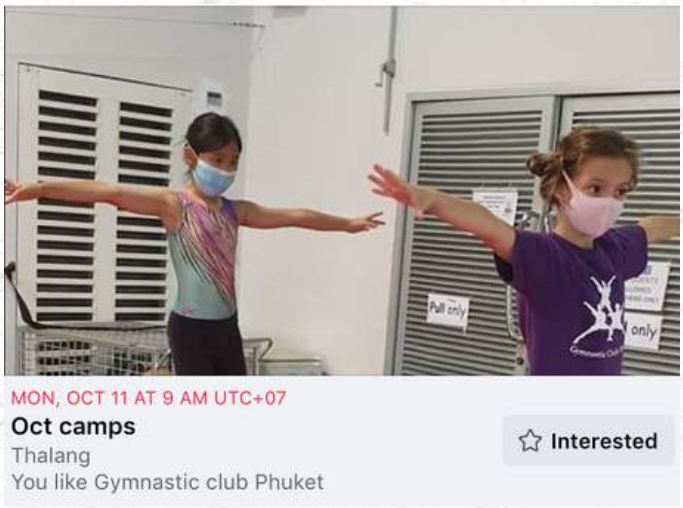
The full movie is available on Youtube, as a school, we provide the students with an edited version.

FROM OUR PARTNERS

Trail run at Khao Phra Thaeo National Park, Phuket's last pristine rainforest.

Event date soon to be confirmed, pre-register now to stay tuned for the latest updates!

REGISTER NOW



Gymnastic Club Phuket

If you wish to have class in person, please contact Coach Jessica on +66872801721 via WhatsApp. Everyone is welcome to our after school activity, both UWCT students in sandbox or online.

Click the link for info about our **October Camps.**

View Weekly Schedule

Phuket Academy of Performing Arts

Introduction To Music Classes

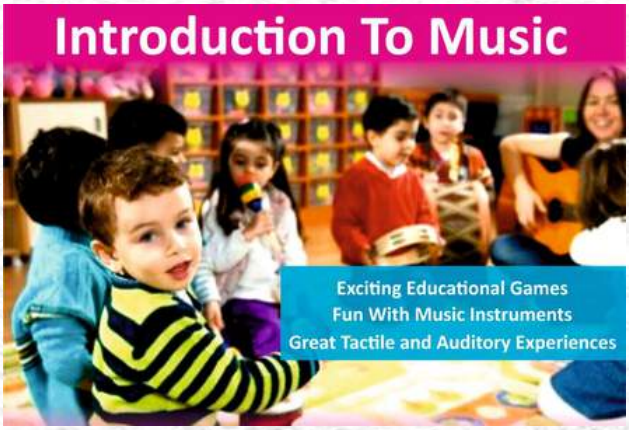
For students that are too young to take private music lessons, but are showing an interest in music, we offer private and group classes at UWCT. **MORE INFO LINK**

Young Musicians Development Program

Our Young Musicians Development program through Legend Music has for 2021/2 has started with the students hard at work on writing songs for their releases.

The 1st single through this year's program will be released globally on the 17th of September. **MORE INFO LINK**

To signup for music lessons email admin@phuketacademyofperformingarts.com.



UWC DAY

21 SEPTEMBER 2021

What does REIMAGINE TOMORROW mean to you ?

We want to know what you think the world would be like if we were able to "Reimagine Tomorrow".
We will share these ideas on UWC Day.

Submit Your Ideas

UWC THAILAND

Education LIKE NO OTHER.